QUIT TOBACCO

Make INDIA BETTER

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What is **Tobacco**?

Tobacco is a plant that contains the drug nicotine. Tobacco leaves are processed in different ways before they are used to make cigarettes and other products. The type of tobacco leaf used and the method of curing or drying changes how the tobacco smoke tastes and how much nicotine it contains. Cigarettes, cigars and smokeless tobacco products are made from blends of different kinds of tobacco. Cigarettes are made from a mixture of tobacco wrapped in a paper tube. Even though tobacco causes many health problems, people all over the world have been using it for hundreds of years.

What is in a **Cigarette smoke**?

Cigarette smoke contains about 4,000 chemicals and poisons. Over 50 of these cause cancer. The harmful effects of smoking extend far beyond the smoker. Exposure to secondhand smoke can cause serious

diseases and death. Each year, an estimated 88 million nonsmoking people are regularly exposed to secondhand smoke and almost 41,000 nonsmokers die from diseases caused by secondhand smoke exposure. All these poisons are in tobacco smoke: Nicotine, Tar, Carbon monoxide, Cyanide, Arsenic, Formaldehyde, Ammonia, Benzene.

Nicotine is the addictive drug in tobacco. Cigarettes and other forms of tobacco—including cigars, pipe tobacco, snuff, and chewing tobacco—contain the addictive drug nicotine. When you smoke tobacco, nicotine goes into your bloodstream and reaches your brain within eight to 10 seconds. Nicotine is readily

absorbed into the bloodstream when a tobacco product is chewed, inhaled, or smoked. A typical smoker will take 10 puffs on a cigarette over the period of about 5 minutes that the cigarette is lit. Thus, a person who smokes about 1 pack (25 cigarettes) daily gets 250 “hits” of nicotine each day. Upon entering the bloodstream, nicotine immediately stimulates the adrenal glands to release the hormone epinephrine (adrenaline). Epinephrine stimulates the central nervous system and increases blood pressure, respiration, and heart rate. Similar to other addictive drugs like cocaine and heroin, nicotine increases levels of the neurotransmitter dopamine, which affects the brain pathways that control reward and pleasure. For many tobacco users, long-term brain changes induced by continued nicotine exposure result in addiction—a condition of compulsive drug seeking and use, even in the face of negative consequences. Studies suggest that additional compounds in tobacco smoke, such as acetaldehyde, may enhance nicotine's effects on the brain. Nicotine can be a deadly poison that causes vomiting, shaking, convulsions and death. A few drops of nicotine can kill you. People picking tobacco quickly absorb nicotine through their skin. This makes them dizzy and feel like throwing up—an illness called green tobacco sickness.

Tar is a sticky black glob made up of thousands of chemicals. Many of them cause cancer. Tar builds up in the lungs and makes breathing harder. It also plays a part in causing lung disease and cancer.

Carbon monoxide is a poisonous gas that forms when anything - including tobacco - is burned. When you inhale carbon monoxide, it takes the place of oxygen in the blood.

Studies show that each cigarette shortens your life by about 10 minutes.

What is **Smokeless Tobacco?**

Gutkha or khaini is chewing tobacco. Oral use of smokeless tobacco is practised in India by rich and as well as poor.

Gutka is manufactured commercially and consists of sun-dried, roasted, finely chopped tobacco, areca nut, slaked

lime and catechu mixed together with several other ingredients such as flavourings and sweeteners. The product is sold in small packets or sachets. It is held in the mouth, sucked and chewed. Saliva is generally spat out, but is sometimes swallowed.

Khaini is made from sun-dried or fermented coarsely cut tobacco leaves. The tobacco used for khaini is from N. rustica and/or N. tabacum. The tobacco leaves are crushed into smaller pieces. A pinch of tobacco is taken in the palm of the hand, to which a small amount of slaked lime paste is added. The mixture is then rubbed thoroughly with the thumb.

Khaini is usually prepared by the user at the time of use, but is also available commercially. It is held in the mouth and sucked or chewed and then spit out.

Both forms of Tobacco is dangerous as well as obnoxious and also makes whole India dirty by its spits all over the places. Quit Gutkha and Make India Better.

Is Tobacco **addictive?**

Yes, cigarettes and other forms of tobacco are addictive. All ways of using tobacco—cigarettes, pipes, cigars, chewing tobacco and snuff—are ways of getting nicotine into your body.

- Nicotine works fast. When you smoke a cigarette, nicotine is absorbed quickly through the lungs and into the bloodstream. Once it is in the bloodstream, nicotine reaches the brain within seconds.

- Nicotine in chewing tobacco and snuff is absorbed through the mucous membranes of the mouth or nose.

Its then like you are a **Slave of Tobacco.**

Is Tobacco **dangerous?**

Yes, there are many health risks related to smoking and other tobacco use. It is the number one cause of preventable, premature death in the World!

- Kids who start smoking early are more likely to become heavy smokers. They have more risk of getting health problems or dying from smoking.
- Tobacco kills more people than alcohol, AIDS illegal drugs, car crashes, suicide and murder all combined.
- More than 30 per cent of all cancer in the world is caused by tobacco.
- Smoking causes 90 per cent of lung cancer. It is also linked to many other cancers—including cancers of the head and neck, stomach, kidney and bladder.
- People who smoke have more risk of cardiovascular (heart-related) disease, including heart attacks and strokes.
- Smoking can cause respiratory (breathing-related) diseases, such as chronic bronchitis and emphysema.
- People who smoke have weaker immune systems and are sick more often.
- They are more likely to get stomach ulcers.

- They are also more likely to have problems with sex (erections) and fertility.
- About half the people who start smoking in their teens and keep on smoking will die from a tobacco-related cause.

Can breathing in someone else's smoke cause health problems?

Yes. Smoke from someone else's cigarette is called second-hand smoke. Children whose parents smoke:

- get more ear infections, bronchitis and pneumonia
- get asthma more often and have worse asthma attacks
- are more likely to die as infants when exposed to second-hand smoke.

What is the effect of tobacco around the world?

- Tobacco is the only everyday product that kills people when it is used as it is supposed to be used.

- Four million people around the world die each year because of tobacco use. That's 11,000 deaths every day!
- In 2030, the number will reach 10 million. That's 19 tobacco related deaths every minute!

What are the **Benefits of Quitting?**

The sooner a person quits smoking the better—but it's never too late to improve your health. Some improvements happen almost at once.

- Carbon monoxide is gone within the first 24 hours.
- One year after quitting, the risk of a heart attack is cut in half.
- Ten years after quitting, the risk of lung cancer is cut in half.
- After 15 years, the risk of a heart attack drops to that of someone who has never smoked.

What about the **Tobacco industry?**

Tobacco companies spend billions of dollars a year promoting their brands. They have promoted smoking through the movies, fashion awards, sponsorship of car racing and other sports, and concerts and parties in bars and clubs. All these promotions have one purpose—to attract you to smoking. They often make it look like everyone's smoking because it's the cool thing to do. Remember to think for yourself! Most people don't smoke!

Fast Monetary Facts

If you smoke a pack of cigarettes a day, it may cost you over Rs.100000/- a year. Think what you could do with the savings!

How can I reduce my risks?

- If you do smoke, try to quit. It can be hard and may take more than one try, but don't be discouraged – it's worth the effort. Think about why you want to quit.
- If you don't smoke now, don't start! Think about your reasons for not smoking, and plan how to say "no."
- Many communities have rules against smoking in public places. Try to choose smoke free places when you go out with family and friends.
- Second-hand smoke is harmful too. Talk to your family about not allowing smoking in your home. The harmful chemicals from tobacco stay around long after the smoke is gone.
- If you drive, don't allow smoking in your car. If you are traveling with someone who smokes, pull over for him or her to have a smoke break outside the car.

Islam prohibits Smoking:

Islam forbids everything that is harmful, because the Prophet for all mankind Muhammad (peace and blessings of Allaah be upon him) said: "There should be no harming or reciprocating harm."

And Allah also mentions in the Holy Quran in surah Al Araf - Verse: 157

Those who follow the Messenger, the Prophet who can neither read nor write (i.e.Muhammad SAW) whom they find written with them in the Taurat (Torah) (Deut, xviii, 15) and the Injeel (Gospel) (John xiv, 16), - he commands them for Al-Ma'ruf (i.e. Islamic Monotheism and all that Islam has ordained); and forbids them from Al-Munkar (i.e. disbelief, polytheism of all kinds, and all that Islam has forbidden); ***he allows them as lawful At-Taiyibat [(i.e. all good and lawful) as regards things, deeds, beliefs,***

persons, foods, etc.], and prohibits them as unlawful Al-Khaba'ith (i.e. all evil and unlawful as regards things, deeds, beliefs, persons, foods, etc.), *he releases them from their heavy burdens (of Allah's Covenant), and from the fetters (bindings) that were upon them. So those who believe in him (Muhammad SAW), honour him, help him, and follow the light (the Quran) which has been sent down with him, it is they who will be successful.*

Undoubtedly there are foods and drinks which are beneficial and good, and others which are harmful and bad. Is smoking one of the good and lawful things (al-tayyibaat) or one of the evil and unlawful things (al-khabaa'ith)? So therefore all bad things which are bad for your body and soul are prohibited in Islam.

Likewise there are many such teachings in the Holy Quran which are beneficial to Mankind. Therefore we urge you to read the Noble Quran which was sent down by our Creator Allah for the whole Mankind so that they are guided. ***The month of Ramadan in which was revealed the Quran, a guidance for***

mankind and clear proofs for the guidance and the criterion (between right and wrong). Quran: Surah Al Bakraah: Verse – 185.

We at ***AlBirr*** will be more than happy to provide you with a Gift of Holy Quran Translated in any of your preferred Language (English, Hindi, Marathi, Gujrati, Punjabi, Bengali, Tamil, Telegu, Kannad, Malayalam, Etc)

We are sure that if everybody accepts the guidance given in the Holy Quran then not only India but the whole World will be a Better Place to live in so why not start the same now.

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